The men’s and women’s swim teams continued their dominance this February in the state meet. The women placed first for the 12th consecutive year, and the men finished second for the 4th year in a row.

For the women’s team the state championship was a fitting culmination for a season in which they were not defeated. The competition grew tougher as the season went on, but the Cougars raised their level of performance and came out on top.

“This year, we won every meet including conference, regionals, and states. We didn't face very tough competition until regionals where our biggest competition was Marvin Ridge. Going into states, we thought we were going to have competition from Chapel Hill, but Marvin Ridge ended up placing second behind us,” said junior swimmer Anna Dettmer.   
 Even though the men’s team wasn’t able to defeat Cardinal Gibbons, its top competition the past four years, the boys achieved many of their goals during one of their most grueling seasons yet.

“Practices this season were a lot tougher than in past seasons. The team puts in thousands of yards in the pool everyday to work towards our ultimate goal: to be state champs,” said junior Matthew Rigali.  
 The men’s team also continued the long running tradition of shaving each member’s head before the state meet. The swimmers believe that this helps them swim faster, and some of them also enjoy the appearance of the buzz cut.

“The buzz has a period of awesomeness followed by a significant period of sucking. It gets cold up there, but it's worth it to keep the tradition. Plus, everyone knows we have the best heads in the school,” said Rigali.  
 Both teams credit hard work, good coaching, and team unity for their sustained success.

“I think, aside from talent that we've been blessed with, we all share the same passion for the sport. Swimming requires an endless amount of time in the pool, so you grow close with your team and become a family. I think this has helped the team accomplish so much,” said Dettmer.

“The team is like a group of weird brothers. We spend so much time together as a team, at our highs and lows, always working hard, that we've grown to be like a fun, dysfunctional family. I'm just glad to be a part of the family every season,” said Rigali.

With both teams currently on such impressive streaks of success, the outlook for next season is positive. Underclassmen are expected to step up to replace the seniors that are graduating this spring, and the swim team plans to continue its dominance for years to come.

“Next year will be a very interesting year for the team. While we'll lose a huge group of seniors, the team this year made some huge strides and Gibbons will be rebuilding. I think this team is capable of anything it sets its mind to, and we'll find a way to come out on top next February,” said Rigali, who will return to the men’s team next season.

“Even though we will be losing some wonderful seniors, I think the swim team will remain strong. I know after this year, we have set some pretty high standards for next year, but I think our past accomplishments prove that we know how to succeed,” said Dettmer of the women’s team.